

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Zdrava prehrana in dietetika
Course title	Healthy Nutrition and Dietetics

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fitoterapija	Ni smeri študija	1. letnik	2.
Phytotherapy	No study field	1 st year	2 nd

Vrsta predmeta/Course type	obvezni /obligatory
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Univerzitetna koda predmeta/University course code	FIT_I_UN8
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Predavanja Lectures	Sem. vaje Tutorial	Kab. vaje Cabinet tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
45	15		5		35	4

Nosilec predmeta/Lecturer:	mag. Irena Hočevar, pred.
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Jeziki/ Languages:	Predavanja/Lectures:	slovenski / Slovenian
	Vaje/Tutorial:	slovenski / Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	Prerequisites:
<ul style="list-style-type: none"> Vpis v prvi letnik študijskega programa. Študent mora pred izpitom pripraviti in predstaviti seminarsko nalogo ter pripraviti poročilo 7- dnevne prehranskega dnevnika. 	<ul style="list-style-type: none"> The prerequisite for inclusion is enrolment in the first year of study. Students have to successfully prepare and present a seminar paper before the examination and prepare report of the 7-day dietary diary.

Vsebina:	Content (Syllabus outline):
<ul style="list-style-type: none"> <i>Obseg zdrave prehrane:</i> varna, uravnotežena, funkcionalna, biološko in gastronomsko sprejemljiva. <i>Pomen makrohranil</i> (maščobe, beljakovine in ogljikovi hidrati), mikrohranil (vitamini in minerali) in vode v prehrani. <i>Priporočila za prehrano</i> v različnih življenjskih obdobjih in stanjih. <i>Alternativni načini prehranjevanja.</i> <i>Mikrobiološka, kemijska in fizikalna tveganja</i> v živilih (HACCP). 	<ul style="list-style-type: none"> <i>Range of healthy nutrition:</i> safe, balanced, functional, biologically and gastronomically acceptable. <i>Importance of macro-nutrients</i> (fats, proteins and carbohydrates), micro-nutrients (vitamins and minerals) and water in nutrition. <i>Food recommendations</i> in different life stages and states. <i>Alternative ways of nutrition.</i> <i>Microbiological, chemical and physical hazards in food</i> (HACCP).

<ul style="list-style-type: none"> • Metode za ugotavljanje prehranske ogroženosti bolnikov (= prehransko presejanje). • <i>Prehranska obravnava bolnika</i> (ocena prehranskega stanja, prehranska diagnoza, prehransko ukrepanje – načrt, prehransko spremljanje). • Priporočila za prehrano bolnika glede na bolezensko stanje – smernice ESPEN. • Rastlinska prehrana kot del integrativne medicine. • Načini hranjenja. • Enteralna prehrana. • Metode ugotavljanja prehranske anamneze. • <i>Načrtovanje prehrane</i>. • Sestavljanje jedilnikov z izračuni hranilne in energijske vrednosti za različna starostna obdobja. • Sestavljanje jedilnikov za bolnike. • Izračun hranilne in energijske vrednosti 7-dnevnega prehranskega dnevnika študenta s pomočjo računalniške aplikacije »Odprta platforma za klinično prehrano«. • Poročilo 7-dnevnega prehranskega dnevnika. 	<ul style="list-style-type: none"> • Methods for determining nutritional threats of patients (= nutritional screening). • <i>Nutritional treatment of the patient</i> (assessment of nutritional status, nutritional diagnosis, dietary intervention - plan, nutritional monitoring). • Recommendations of diets according to the patient's medical condition. • Methods of feeding. • Enteral nutrition. • Methods for identifying nutritional anamneses. • <i>Planning a diet</i>. • Composing menus by calculating nutritional and energy values for different age groups. • Composing menus for patients. • Calculating nutritional and energy values by composing a 7-day dietary diary of student using the computer application "Open Platform for Clinical Nutrition". • Report of 7-day dietary diary.
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Temeljna literatura in viri/Readings:

Temeljna literatura /Basic literature:

- Nemško prehransko društvo, Avstrijsko prehransko društvo, Švicarsko društvo za raziskovanje prehrane in Švicarsko združenje za prehrano (2004). *Referenčne vrednosti za vnos hranil*. Ljubljana: Ministrstvo za zdravje.
- A. Lanham-New, Thomas R. Hill, Alison M. Gallagher, Hester H. Vorster: *Introduction to Human Nutrition*, 3rd Ed. Wiley-Blackwell 2019. Obseg: 488 str. ISBN: 978-1-119-47702-0
- *ESPEN Book - Basics in Clinical Nutrition* 5th Ed. Edited by Luboš Sobotka, Galen 2019. ISBN 978-80-7492-427-9
- *PRINCIPLES and Practice of Botanicals as an Integrative Therapy*. Edited by Anne Hume, Katherine Kelly Orr. Boca Raton, London, New York: CRC Press, 2019. (Clinical Pharmacognosy Series). Obseg: 449 str. ISBN/EAN 9781498771146

Priporočljiva literatura /Recommended literature:

- L.K., Mahan, J.I., Raymond: *Krause's Food and the Nutrition Care Process*, 14th Ed., Elsevier 2015. Obseg 930 str. ISBN-13: 978-0323340755
- MAZUR, Erin, LITCH, Nancy: *Lutz's Nutrition nad Diet Therapy*. Philadelphia: F. A. Davis, 2019. Obseg: 479 str. ISBN/EAN 9780803668140

- FOWLER, Alys: Modern Herbal: Plant-Based Medicines for Calmer, Healthier Life. London: Michael Joseph, 2019. Obseg: 304 str. ISBN/EAN 9780241368336
- ZIELINSKI, Eric, ZIELINSKI, Sabrina Ann: Essential Oils Diet: Lose Weight and Transform Your Health with the Power of Essential Oils and Bioactive Foods. 1st Edition. New York: Harmony, 2019. Obseg: 368 str. ISBN/EAN 9781984824011
- WELLS, Jonathan C. K.: The Metabolic Ghetto: an Evolutionary Perspective on Nutrition, Power Relations and Chronic Disease. Cambridge, New York: Cambridge University Press, 2019. Obseg: 623 str. ISBN/EAN 9781108737579
- FOOD and Public Health : a Practical Introduction. Edited by Allison Karpyn. New York : Oxford University Press, 2018. Obseg : 383 str. ISBN/EAN 9780190626686
- Gary Taubes: Dobre kalorije, slabe kalorije: maščobe, ogljikovi hidrati in kontroverzni pogledi na prehrano in zdravje. Ljubljana: Modrijan, 2019. Obseg: 655 str. ISBN/EAN 9789612871086
- Gary Taubes: Dosje sladkor. Ljubljana: Modrijan, 2019. Obseg: 318 str. ISBN/EAN 9789612871093

Cilji in kompetence:	Objectives and competences:
<p><i>Učna enota prispeva k razvoju naslednjih splošnih in specifičnih kompetenc:</i></p> <ul style="list-style-type: none"> • usvojiti temeljno znanje o varni, uravnoteženi, funkcionalni, biološko in gastronomsko sprejemljivi prehrani, • poznati pomen mikrohranil (maščobe, beljakovine in ogljikovi hidrati), makrohranil (vitamini in minerali) in vode v prehrani, • poznati in razumeti priporočila za prehrano v različnih življenjskih obdobjih in glede na zdravstveno stanje, • spoznati alternativne načine prehranjevanja, • koherentno obvladovanje temeljnega znanja, sposobnost povezovanja znanja z različnih področij in aplikacij; • razvoj komunikacijskih sposobnosti in spretnosti v strokovnem okolju, • uporaba informacijsko-komunikacijske tehnologije in sistemov na strokovnih področjih, • sposobnost uporabe standardov s kritičnim ocenjevanjem, interpretacijo, sintezo informacij o prehrani izbrane populacije, • sposobnost upoštevanja psihološke (emocionalne, psihične, osebne) in biološke (udobna namestitve, ustrezna prehrana, osebna higiena in možnost za dnevne aktivnosti) potrebe pacienta, 	<p><i>The learning unit mainly contributes to the development of the following general and specific competences:</i></p> <ul style="list-style-type: none"> • acquiring basic knowledge about safe, balanced, functional, biological and gastronomic acceptable nutrition, • raising awareness of importance of micro-nutrients (fats, proteins and carbohydrates), macro-nutrients (vitamins and minerals) and water in nutrition, • to know and understand the recommendations for food in different stages of life and according to health status, • to learn about alternative ways of eating, • coherent mastering of the basic knowledge and the ability to link the knowledge from various areas and its applications; • development of communication skills in the professional environment (local and international), • the use of information and communication technologies and systems in the areas of expertise, • the ability to use standards with critical evaluation, interpretation, synthesis of information on nutrition of selected population, • the ability to consider psychological (emotional, psychological, personal) and

<ul style="list-style-type: none"> • usvojitev znanja s področja zdrave prehrane in dietetike ter zmožnost apliciranja teoretičnega znanja v strokovno delo, • sposobnost upoštevati individualne potrebe pacienta skozi življenjska obdobja z vidika prehranjevanja. 	<p>biological (comfortable accommodation, suitable nutrition, personal hygiene, and possibility of daily activities) needs of the patient,</p> <ul style="list-style-type: none"> • acquiring knowledge of healthy nutrition and dietetics, including the ability of applying theoretical knowledge in the professional work, • the ability to consider individual patient's needs through various stages of life from the perspective of nutrition.
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<p>Predvideni študijski rezultati:</p>	<p>Intended learning outcomes:</p>
<p>Študent/študentka:</p> <ul style="list-style-type: none"> • razume, zdravstveni, ekološki, ekonomski in gastronomski vidik prehrane, • zna analizirati, oceniti in izračunati hranilne ter energijske vrednosti prehrane zdravega in bolnega posameznika v vseh življenjskih obdobjih, • aplicira pridobljeno teoretično znanje o zdravi in dietni prehrani v vsakdanje življenje ter bolnišnično in ambulantno zdravljenje, • se zaveda vpliva prehrane na zdravje ljudi in lastno zdravje. 	<p>Students:</p> <ul style="list-style-type: none"> • understand the health, ecological, economic and gastronomic aspect of nutrition, • know how to analyze, evaluate and calculate the nutrient and energy values of diet of healthy and ill individuals in all stages of life, • apply theoretical knowledge to healthy and diet food in everyday life as well as inpatient and outpatient treatment, • are aware of the impact of nutrition on human health and their own health.

<p>Metode poučevanja in učenja:</p>	<p>Learning and teaching methods:</p>
<ul style="list-style-type: none"> • <i>predavanja:</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • <i>seminarske vaje:</i> študenti na konkretnih primerih uporabijo znanje pridobljeno na predavanjih (demonstracija, študija primera, razlaga, diskusija, pojasnjevanje, izkušensko in problemsko učenje, kritično presojanje, oblikovanje portfolia), • <i>laboratorijske vaje:</i> primer energijskega in hranilnega ovrednotenja 7-dnevnega prehranskega dnevnika študenta in izdelava poročila s komentarji. 	<ul style="list-style-type: none"> • <i>lectures:</i> with active student participation (explanation, discussion, questions, examples, problem solving), • <i>tutorial:</i> students use their acquired knowledge at lectures on concrete examples (demonstration, case study, explanation, discussion, clarification, experiential and problem-based learning, critical evaluation, designing portfolio) • <i>laboratory work:</i> example of energy and nutritional evaluation of a 7-day dietary diary of student and preparing a report with comments.

Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
<p>Načini:</p> <ul style="list-style-type: none"> • izpit • uspešna priprava in zagovor seminarske naloge • uspešna priprava poročila 7-dnevnega prehranskega dnevnika s pomočjo računalniške aplikacije »Odprta platforma za klinično prehrano« (energijsko in hranilno ovrednotenje obrokov) <p>Ocenjevalna lestvica: ECTS.</p>	<p>60 %</p> <p>20 %</p> <p>20 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • exam • preparation, presentation and successful defence of the seminar paper • successfully prepared report of the 7-day dietary diary with the help of the computer application "Odprta platforma za klinično prehrano" (energy and nutritious evaluation of meals) <p>Grading scheme: ECTS.</p>